



50+ Recreation January 2019

ISSUE 1

www.ColumbusRecParks.com

Fitness Resolution Solution

**Sunday, January 6
1-5 pm
FREE Event
Barnett Community Center
1184 Barnett Road | Columbus, OH 43227**

Discover what our Get Active Fitness Centers have to offer. Sample classes, try out fitness equipment and enter to win prizes.

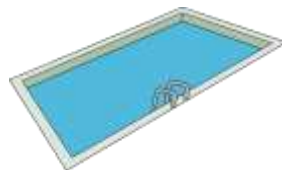
New this year: We will be hosting a Bench Press Competition* and a free Youth Basketball Clinic presented by Denison University Men's Basketball.*

*Registration Required. For more information, call (614) 724-2017 or visit Columbus.gov/FitnessResolutionSolution/

50+ Water Exercise

A new year! A new you! Join Alice Irwin for a lower-intensity workout that focuses on stretching, range of motion and gross-motor function.

Session III January 2-February 13
Mondays and Wednesdays
10-11 am
\$20 per session or \$2 per class
Columbus Aquatic Center
1160 Hunter Ave. 43201



For information, call 645-6122.

January 2019

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Newsletter Editor: Wendy Frantz 614-645-7427

Dance

Gillie Dance

Line Dance	<i>Beginners</i>	<i>Tuesdays</i>	<i>1 pm</i>
	<i>Advanced</i>	<i>Tuesdays</i>	<i>2 pm</i>
	<i>Intermediates</i>	<i>Fridays</i>	<i>10:30 am</i>

Move & Groove *Mondays 7:30 pm*

Tap Dance:

Advanced *Wednesdays 4:15 pm*

Beginning *Wednesdays 6:30 pm*

Ballet Class *Wednesdays 5:15 pm*

Gillie Wednesday Evening Dance Information

6:30 – 9 pm Admission: \$5

Come early for line a line dance session: 6:30-7 pm.

The DJ begins spinning a variety of dance music at 6:30 pm. Refreshments served, dancing until 9 pm.

Weekly Themes:

January 2 No Dance

January 9 Birthdays/Anniversaries

January 16 Winter Blues

January 23 Anniversary Dance - Free

January 30 Snowflake Ball

Marion Franklin

Line Dance (Intermediate)

Mondays, Wednesdays and Fridays 10-11 am

Beginners Wednesdays 11:15 am

Men's Tuesdays and Thursdays 1 pm

Line Dance Workout *Tuesday and Thursday 10 am*

Evening Line Dance

Beginners Tuesdays and Thursdays 5:30-6:30 pm
\$20 per person, per session

Urban Ballroom Dancing

Tuesdays 7-8:30 pm \$25 per person, per session

Zumba

Wednesdays 6-7 pm \$25 per person, per session

Golden Hobby Shop

630 S. Third St. in German Village
Columbus, Ohio 43206
Phone 614-645-8329

The Golden Hobby Gift Shop thanks you for your patronage in 2018 and we look forward to seeing you in 2019.

The Shop is closed the month of January and will reopen February 5.

Best wishes for a very healthy and happy new year!

Red Hats

Gillie's Fillies Red Hatters: Mark your calendars!

Red Hat Bingo

Monday, January 28 1 pm

Join us at the Gillie Senior Center for Bingo.

Trips

Barnett

645-3065

Out to Lunch

Thursday, January 17 1 pm

Join us for an afternoon in Grandview, starting with lunch at Paul's. Make sure to dress warm as we will take some time after lunch to walk around and check out the thrift shops.

Dodge

645-8151

Dodge will be taking a break from trips December due to the holidays and how busy the season gets. If you have any suggestions for affordable trips or places you would like to visit (e.g. museums, points of interest, shopping, tours, festivals, sports or theatre events in Ohio) in 2019, please submit them to the front desk trip suggestion box or to Ms. Holly so she can plan trips for next year. Your input is important; and we would like to plan trips that you would be interested in attending (not just Ms. Holly's ideas).

Gillie

645-3106

Gillie Trip Policy for 2019: Please call 645-3106.

Lunch Bunch

Wednesday, January 16 11 am-2 pm Cost \$5

Join us for a trip to the North Market for some casual food and fare.

Registration begins Wednesday, January 2.

Martin Janis

645-5954

Lunch & a Movie

Thursday, January 10 10 am

Cost: \$5 for transport, lunch & movie on your own

Enjoy a relaxing afternoon with friends at the movies and then on to a Chinese buffet!

HPL Bowling

Thursday, January 17 11:45 am

Cost: \$1.75 for 2 games, \$3 for shoe rental, lunch on your own

Let's have a great time with a fun activity and see who can get the highest score!

Trips

Whetstone

645-3217

Note: Any participant signing up for Whetstone trips must present payment at the time of registration.

ALL ARE WELCOME ON THIS TRIP!

Wednesday, January 9 10 am

The Red Hats/Cruising Cougars will be heading on a mystery trip. Please let Mike know you will be attending.

Mike's Taste of Italia

Wednesday, January 16 10:30 am

Mike Taste of Italia will go to ????

Van votes on where we go.

Please call Mike to RSVP.

COAAA Central Ohio Area Agency on Aging
3776 S. High St., 43207 614-645-7250

January in Ohio seems to be either beautiful, or a grey wasteland of slush. Since you're stuck indoors so much, it can get pretty monotonous. Try experimenting and trying something new to keep the month interesting. Here's some ideas for both the homebodies and the explorers.

Crafting doesn't have to be an expensive or time-consuming activity. You don't need a high level of skill to be able to make something useful or beautiful. Try your hand at embroidery: a simple embroidery hoop, scrap fabric, a needle or two, and a few matching colors of embroidery thread can be enough to make beautiful wall hangings to brighten up the dull days. Contact your nearest senior center or community recreation center to see what classes might be available, whether it's painting, sculpting, stained glass, or sewing. Crafts not quite your thing? Find a recipe you've never attempted before and see how it turns out! Half the fun of making something isn't the finished product, but the process of bringing it to life.

If the weather is amiable, consider checking out the amazing metro parks in the area through the 46th Annual Winter Hike Series (<https://www.metroparks.net/blog/46th-annual-winter-hike-series/>). Every weekend in January and February there's at least one featured hike in a Columbus metro park. Bundle up with multiple layers and head outdoors to see some amazing nature. All of the hikes in the Winter Hike Series end with hot soup and cocoa for the hikers (for a suggested donation) and is a great way to breathe some fresh air in a season when we desperately need some. If you complete them all, you could earn a badge for a walking stick.

Whatever you do in January, whether it's staying in or opting outside, remember January in Ohio doesn't last forever, so you may as well enjoy it as best you can.

Summer Camps



Know a child that needs something fun to do this summer? It's never too early to start thinking about their summer plans.

Columbus Recreation and Parks has a variety of camps that are suitable for any child.

The 2019 Guide to Summer Fun will be posted on our website

www.ColumbusRecParks.com beginning in February; click on the picture of the guide. The hard copy will be available in community centers by the middle of February.

Registration begins Thursday, February 28 for Outdoor Education Camps and Saturday, March 2 for most others.

Barnett will be CLOSED the following days:
Tuesday, January 1 New Year's Day
Monday, January 21 Dr. Martin Luther King, Jr.

LifeCare Alliance Lunch & Learn

Wednesday, January 9 Noon

Come learn about all of the offerings LifeCare Alliance has for seniors, while enjoying a free hot lunch.

Fitbit Class

Thursday, January 10 2 pm

Not sure on what all your Fitbit can do? Bring it to class with all of your questions. We will go through functions, tips, and tricks so that you can get the most out of your device.

No-Sew Blankets

Thursday, January 24 2 pm

Help us make fleece blankets to be donated to children in foster care this winter. No sewing required, everyone can participate!

Annual Dr. Martin Luther King, Jr.

Showcase of Dreams Talent Show

Saturday, January 26 2 pm

Got Talent? Interested in Performing? Contact us at 614-645-8863.

Barnett Program/Trip Meeting

Thursday, January 31 2 pm

We are currently planning our 2019 event/trip calendar and would love to hear your ideas! Join us to share what type of classes, events, and trips you would like to see at Barnett this year.

Tai Chi

Fridays 11 am Cost \$35/session

We are excited to welcome Darryl Green to Barnett to lead our Tai Chi classes on Fridays. Tai Chi is said to improve flexibility and balance, while reducing stress. Register at the front desk or online today!

The Game Room

Monday-Friday 10 am-3 pm

Stop in for puzzles, a game of cards, billiards or even Skee-Ball.

Open Basketball

Tuesdays and Thursdays 10 am-Noon

Pickleball

Mondays 1:30 pm

Thursdays 12:30 pm

Join us for open Pickleball twice a week. All levels welcome –come learn the rules or share your talents.

Interested in Volunteering? Have a special skill to share?

We are always looking for volunteers to help at the front desk, as well as with classes and special events. Please contact the center for opportunities.

Mark your Calendars!

Black History Jeopardy & Soul Food Potluck

Thursday, February 21 6:30 pm

Fall II Class Schedule

Stay Young, Stay Fit	Mon, Wed & Fri	9:00 am
Walking Club	Mon, Wed & Fri	10:00 am
Beginner Line Dance	Mon & Wed	10:30 am
Showcase Line Dancing		
	Mon & Wed	12:15 pm
Core & More	Tues & Thurs	10:00 am
Chair Fitness	Tuesdays	11:00 am
Sewing	Tuesdays	1:30 pm
Rise & Ride	Tues & Thurs	9:00 am
Knit & Crochet Club	Wednesdays	1:30 pm
Women's Weightlifting		
	Thursdays	11:00 am
Tai Chi	Fridays	11:00 am
Adult Arts & Crafts	Fridays	1:30 pm

****If there are any 50+ classes or special events you would like to see offered at Barnett, please let us know. We are always looking for new ideas!***

Riddle Me This

Q. #1 I weigh nothing, but you can still see me. If you put me in a bucket, I make the bucket lighter. What am I?

Q. #2 What question can you never answer "Yes" to?

Answers can be found on page 5.

Dodge will be CLOSED the following days:

Tuesday, January 1 New Year's Day

Monday, January 21 Dr. Martin Luther King, Jr.

Lisa Gibson with OSU

Thursday, January 17 12:30 pm

Dodge Morning Walking Club with Holly

Mondays, Wednesdays & Fridays 8:15-9 am

We will walk various paths, and if it's icy we will walk around the gym! So bring a cup of coffee or tea, join us for some winter walks. Bring a friend, get your walking shoes on, and log some steps with new walking challenges each week! On some Fridays, we may not meet due to Dodge's trip schedule.

Chair Volleyball

Mondays and Thursdays 1 pm

Come on out and join us for some chair volleyball two times a week. It's great exercise and everyone loves a little competition!

Dodge Chorus

Tuesdays 1 pm

We are always looking for new members so if you would like to sing with our Chorus. Please join us.

Crochet

Wednesdays 1 pm

Open to beginners and advanced; knitters also welcome

Dodge Diet Club

Wednesdays 3 pm

Need some support maintaining, or motivation to start a healthy diet or healthy eating in 2019?

Food Boxes

For those who have signed up for the Food Boxes, they are only available for pick up on Fridays, January 18 and 25; 2- 4 pm and not after. They will not be available for pick up any other days of the week. Please plan your schedule accordingly.

Upcoming Event

AARP will begin with free tax assistance in February, Keep an eye out for upcoming dates. Registration will begin in late January.

Interested In Volunteering? We are always looking for volunteers to be front desk hosts/hostesses or to assist in planning and coordinating trips or special events, even volunteering to teach a class or workshop, you have a talent or skill to share. Please inquire at the front desk for volunteer opportunities at Dodge.

Winter Classes (January 8-March 8)

<i>Walking Club</i>	<i>Mon, Wed & Fri</i>	<i>8:15 am</i>
<i>Beading</i>	<i>Mondays</i>	<i>9:00 am</i>
<i>Senior Fitness</i>	<i>Mondays</i>	<i>9:00 am</i>
<i>Shuffle Board</i>	<i>Mondays</i>	<i>10:00 am</i>
<i>Painting</i>	<i>Mondays</i>	<i>10:30 am</i>
<i>Chair Volleyball</i>	<i>Mon & Thurs</i>	<i>1:00 pm</i>
<i>You Sew Fine</i>	<i>Mondays</i>	<i>1:30 pm</i>
<i>Zendoodle journals</i>	<i>Mondays</i>	<i>3:30 pm</i>
<i>Indoor Cycling</i>	<i>Mon. & Weds.</i>	<i>9:30 am</i>
<i>Quilting</i>	<i>Tuesdays</i>	<i>9:00 am</i>
<i>Drawing</i>	<i>Tuesdays</i>	<i>11:00 am</i>
<i>Chorus</i>	<i>Tuesdays</i>	<i>1:00 pm</i>
<i>Euchre</i>	<i>Tuesdays</i>	<i>12:00 pm</i>
<i>Painting and crafts</i>	<i>Tuesdays</i>	<i>1:00 pm</i>
<i>Ceramics</i>	<i>Tues & Fri</i>	<i>1:00 pm</i>
<i>50+ Sewing</i>	<i>Tuesdays</i>	<i>1:30 pm</i>
<i>Warm up Cardio</i>	<i>Wednesdays</i>	<i>8:30 am</i>
<i>Service Circle</i>	<i>Wednesdays</i>	<i>9:00 am</i>
<i>Clogging</i>	<i>Wednesdays</i>	<i>10:00 am</i>
<i>Seasonal arts & crafts</i>	<i>Wednesdays</i>	<i>10:30 am</i>
<i>Chair fitness</i>	<i>Wednesdays</i>	<i>11:00am</i>
<i>Crochet</i>	<i>Wednesdays</i>	<i>1:00 pm</i>
<i>Dodge Diet Club</i>	<i>Wednesdays</i>	<i>3:00 pm</i>
<i>Bingo</i>	<i>Thursdays</i>	<i>11:00 am</i>
<i>50+ Alterations</i>	<i>Fridays</i>	<i>1:00 pm</i>

Goals for 2019?

If you would be interested in having monthly meetings (discussion group) to keep us on track for our goals in 2019, please sign up on our interest list at the front desk. These goals do not just have to be fitness/diet related. Maybe you would like to travel, become more social, try a new hobby, read more or just like to make new friends. Put your name on our interest list today!

Trip ideas? We are always looking at ideas for affordable day trips. Please submit them at the front desk or in our suggestion box.

***We will not be taking trips out during the month of January due to the possibility of inclement weather conditions.**

Riddle Me This Answers

A. #1 A hole

A. #2 What does "N-O" spell?

Center will be CLOSED the following days:

Tuesday, January 1 New Year's Day

Monday, January 21 Dr. Martin Luther King, Jr.

NEW! Tap Dance Class

Wednesdays 4:15 & 6:30 pm

Join us for a new tap dance class which will offer instruction for advanced dancers (4:15 pm) and beginning dancers (6:30 pm). You must have your own shoes. Register at the front desk.

OSU Extension Service with Lisa Gibson

Friday, January 4 9:30 am

Topic: Food Label Facts and Bone Building Calcium

Veterans' Group

No program in January.

Eat Better, Feel Better

Tuesday, January 8 11 am

LifeCare Alliance Dietitian Leonor Button, RD

Topic: Smart Soups

Alzheimer's Association Tuesday, January 8

~Support Group 12:30 pm Everyone is invited.

~Private Consultations 1:30-4 pm for yourself or a caregiver; by appointment (457-6003).

Gillie Recreation Council Meeting

Wednesday, January 9 1 pm

History Roundtable

No program in January.

NEW! Wool Felt Crafts

Thursdays, starting January 10 9 am

This new class will teach you how to make interesting crafts out of wool felt. Check out the samples in the showcase. **Register now!**

Birthday/Anniversary Party

Thursday, January 10 12:15 pm

Everyone is invited to celebrate the months of September, October, November, December and January with our members. Join us for some New Year fun, prizes and refreshments compliments of our sponsor MediGold.

BINGO Mondays, January 14 & 28 1 pm

Columbus Speech & Hearing

Thursday, January 17 10 am-3:30 pm

To schedule an appointment, call 261-5452.

Gillie Program/Trip Meeting

Thursday, January 17 1 pm

We would like to know what type of classes, programs and trips **you** would like to see here at the center in 2019. We are planning our program/trip calendar and if you have any ideas we would love to hear them! Join us and share your ideas and we will let you know what our plans are for 2019.

We will have light refreshments.

Self-Esteem Workshop

Friday, January 18 1-2:30 pm Cost \$25

This workshop is for anyone who would like to increase his or her self-esteem. Self-esteem is an issue that most, or all of us, have struggled with at some point in time. This is true even for many of our greatest heroes and icons. This workshop explores various components that are essential in acquiring and maintaining a healthy self-esteem. We explore some of the causes of low self-esteem and explore strategies to prevent that downward spiral of how we view ourselves. **Register now!**

AARP Income Tax Assistance

Wednesdays Only, February 6-April 10

By appointment only, call 645-3106 or stop at the front desk beginning Wednesday, January 23 to reserve your time.

Valentine's Day Dinner Dance

Saturday, February 9 6-9:30 pm Cost \$18

Join us for an evening full of fun, music and dancing with one of Central Ohio's most dynamic entertainers. Admission includes dinner and ballroom dance show. **Tickets are on sale now!**

★ Creative Arts Event May 8 – 17 ★

Get your paint brushes, potter's wheel, knitting needles and all other art supplies ready for a week of fun, dancing, art performances and workshops. The theme this year will be "Art & Music Around the World" (Art work does not have to be theme related.) Artists can enter up to three (3) pieces of art work. Intake will be Wednesday, April 24 and Thursday, April 25 at the Martin Janis Center. Look for more information in your February newsletter.

Lazelle Woods Multigenerational Center
Anna Marie Brown, Center Manager

8140 Sancus Blvd., 43081
645-5330 Hours: Mon-Fri 8 am- 5 pm

Monday

Pickle Ball 8:30-10:30am \$10 Sports Pass
Fitness Fuzion 9:30-10:30am \$30
Open Clay Class with Phyllis
7:00-8:45pm \$10

Tuesday

Adult Pottery 7:00-8:45pm \$10

Wednesday

Fitness Fuzion 9:30-10:30am \$35
Pickle Ball 1:00-3:00pm \$10 Sports Pass
Yoga 6:30-7:30pm \$25
Taiji 7:15-8:15pm \$25

Thursday

Piano Level 1 5:30-6:00pm \$25
Adult Needle Crafts 7:00-7:45pm Free

Friday

Pottery with Phyllis Noon-2:00pm \$20 + Mtls.

Saturday

Beginners Hatha Yoga 10:00-11:00am \$60
Taiji 11:00am-Noon \$25
Dance Fit & Toning 12:15-1:15pm \$25

Marion Franklin Intergenerational Center

Bryana Ross, Center Manager

645-3612

2801 Lockbourne Road, 43207

Hours: Monday - Friday 8 am - 5 pm

Center will be CLOSED the following days:

Tuesday, January 1 New Year's Day

Monday, January 21 Dr. Martin Luther King, Jr.

Happy New Year from the Marion Franklin Staff

Winter Session Classes: January 7 – March 9

January

Mental Health Awareness Month
Learn about Mental Health Awareness informative
solutions found on the following website:
www.steadyrehabilitation.com

Marion Franklin Dining Center

Lunch: Tuesday-Thursday 11 am-1 pm
LifeCare Alliance...Nourishing the Human Spirit

AARP Tax Program – Tax Assistance will be
available call the center for dates/times.

Book Club Discussion and Lunch

Wednesday, January 9 1:30 pm
*Dates and Times are subject to change; please register
if you plan to attend. You may also call the center to
add your name to our email list to receive Book Club
information.*

Underground Railroad

Every 1st & 3rd Monday of the month. 2:30 pm

Snacks and Facts

Friday, January 25 11 am Free
Getting cabin fever? Why not plan a winter project
around the house? Jane Acri from COAAA will present
on the topic of "Managing Clutter." Light snacks will
be provided. Please register at the front desk.

BINGO

Every 1st and 3rd Tuesday 1-3 pm

Pokeno

Every Wednesday 1-3 pm

Health & Wellness Information

Barbara Parker, registered nurse is available in the
Lifecare Alliance Wellness Center Monday, Tuesday
and Thursday 8am-4pm; Friday 8am-4:30pm. For an
appointment please call 614-437-2927

Arthritis Foundation Exercise Program

Tuesdays & Thursdays 10 am

Free Hearing Services

Call Rachel at 261-5452 for more information or to
schedule an appointment.

Center will be CLOSED the following days:

Tuesday, January 1 New Year's Day

Monday, January 21 Dr. Martin Luther King, Jr.



Ring in the New Year!

Get 2019 off to a great start by joining in the many activities at Martin Janis! Winter class sessions begin on January 7 and end on March 8.

Chili Cook Off!

Wednesday, January 30

Bring in your crockpot of chili and enter your best chili recipe – you can enter all types, Mexican, Brownsville, Midwestern, even fiery hot! For five dollars you can sample all the chili and get salad, cornbread and a beverage – and then vote for your favorite!

“Knitt-Witts”

Wednesdays 10 am-2:30 pm

Come in out of the cold and enjoy good company and make new friends with the relaxing activity of knitting! No experience necessary and we will train you freehand or on a loom.

Senior Council

Wednesday, January 16

Breakfast for Lunch

Wednesday, January 2 11:30 am

Come in and enjoy the wonderful breakfast specials our talented kitchen staff serves every month! This popular event is a great way to have a nice hot breakfast on a cold winter day! We're starting off 2019 with chicken and waffles, grits, and rice pudding – you don't want to miss this one!

In Memoriam

Martin Janis staff, members and friends are all saddened at the sudden passing of Mary Ellen Binns, of Pattie Hilles' Stained Glass group. Mary Ellen was a friend to all - a talented artist with an amazing presence. She will be so fondly remembered.

Lunch is served!

Monday-Friday 11:30 am-12:30 pm

Gregg's Health Corner

Effects of Excessive Sodium - According to the American Heart Association

9 out of 10 Americans consume too much sodium (salt). Supermarkets and convenience stores account for 65% of sodium consumption. While the average American consumes 3,400 milligrams of sodium per day, the recommended daily allowance is 1,500 milligrams. Excessive sodium may put you at risk for stroke, heart failure, kidney stones, enlarged heart muscle, stomach cancer, osteoporosis and headaches. High blood pressure is a leading risk factor for nearly 200,000 deaths in women, more than 5 times the annual deaths from breast cancer. Excessive sodium may cause water retention which can lead to puffiness, bloating and weight gain.

Ways to lower your sodium intake:

1. Choose low sodium versions of foods such as soups and canned vegetables
2. Taste your food before adding salt
3. Read food labels and choose foods low in sodium
4. Use seasonings as a substitute for salt.

Save the Date:

Coming in February: The Martin Janis “Artist in the Making” Exhibit/Show. It's a new year and it's time for us to show off our ultra- talented artists! Contact Mike for information, 645-5954.

Chinese New Year Celebration/Party & Potluck

Coming in February: Join us for an all Asian lunch along with various forms of Tai Chi. Register at the front desk.

Coming in the Spring!

In collaboration with Columbus charter schools, “Play Us Forward” will be performing a concert of twenty-six middle school violinists from underserved communities. It will be a unique interactive concert with the students interacting with the seniors and should be a wonderful experience for everyone involved. Time and date to be announced.

The Creative Arts Event

May 8– 17

Calling All Artists! The Creative Arts Event is just around the corner. The theme for the 2019 event is: “Music of the World!” Now is the time to start thinking about your project.

Participants must present payment upon registration for all activities with fees.



Canasta

Mondays 1-4 pm; Free; Community Room

Bid Euchre (6, 7 or 8 handed can be played)

Everyone is welcome!

Tuesdays; Noon-3 pm; Free; Community Room

Progressive Bridge

Thursdays; Noon-3 pm; Free; Community Room

Progressive Regular Euchre: \$2 per person

Thursdays & Fridays; Noon-3 pm; Dance Room

(Have fun and win grocery prizes!)



Captain's Table

Mondays 11:30 am-1 pm \$5

Come join us on Mondays for the best lunch deal around. Bring your appetite and \$5; and we'll see you every Monday.

Contact the center with any questions.

Open Pickle Ball

Mondays, Tuesdays & Fridays

9:30-11:30 am Beginner/ Intermediate

12:30-2:30 pm Advanced

Wednesdays

6:15-8 am All Levels

Cost \$10 (Open Sports Pass Needed)

What is Pickle Ball? It's a popular game that looks like a cross between regular tennis and table tennis; and a fun way to get exercise. ***Contact Mike with any questions.***

International Folk Dancing



Mondays 7-8:45 pm

Free Dance Room

Come and join The Whetstone Folk Dancers for International Folk Dancing! Learn about dances from different countries and you don't even need to bring a partner. It's "No fault folk dancing."

Contact the center with any questions.

Whetstone 50+ Writers: Memory to Memoirs

This group meets every 1st and 3rd Thursday of the month. ***Contact the center with questions about meeting times.***

Classes

Classes are offered at the Whetstone Community Center for adults of all ages. We offer a wide variety of opportunities for 50+ participants including:

Slow Down and Flow Yoga

Mondays 10-11 am \$50

Wii Bowling

Tuesdays 10:30 am-Noon Free

Everyone comes at this time.

Full Body Conditioning with Mike

Wednesdays & Fridays 9:15-10:15 am; \$79 for 2 days per week or \$49 for 1 day

The Body Shop Workout

Tues./Thurs. 4 pm, 5 pm & 6 pm and ST 9:15 am; \$10 for 1 class pass, \$70 for 10 class pass, \$97.50 for 15 class pass, \$120 for 20 class pass

Woodcarving

Meets every 1st & 3rd Tuesday 6 pm Free

Bring your own supplies.

Ashtanga Yoga

Thursdays 6-7:15 pm \$70 for 9 weeks

Wood Chippers

Wednesdays 9 am-Noon Free

Bring your own supplies

Open Walking- Gym

M, Th, & F 8-8:45 am Free

Fearless Falling (Adult Safety Skills)

Fridays 10:30-11:30 am \$30

Gentle Yoga

Wednesdays 10-11am \$40

Wednesdays 7:15-8:15 pm \$40

See Center Class Schedule for complete class listing.

Schedules are available in hardcopy at the front counter & can also be downloaded from either of our websites at www.columbusrecparks.com or www.whetstonepark.org. Most of our activities are available for registration online. Register online at: <https://apm.activecommunities.com/columbusrecparks>

AARP Tax Prep

Tuesdays and Wednesdays, February 5- April 10

9 am- 3 pm Free

First come, first served.

COLUMBUS RECREATION AND PARKS DEPT
1111 EAST BROAD STREET, SUITE 103
COLUMBUS, OH 43205

PRESORTED STANDARD
US POSTAGE PAID
COLUMBUS OH
PERMIT NO 719



Centers will be closed:

**Tuesday, January 1
New Year's Day**



**Monday, January 21
Dr. Martin Luther King, Jr.**

